

Healthy Anger

"Golden helps us understand how anger is a completely natural, but essential to healthy growth—
if we know how to guide and control it. And Golden shows us in plain, easy steps how to help our
children do just that."
—MIRIAM B. SHER, Ph.D., author of *Raising a Thinking Child*

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**HOW TO HELP
CHILDREN AND TEENS
MANAGE THEIR ANGER**



- Learn the difference between "healthy" and destructive anger
- Use practical, step-by-step guidelines for controlling tantrums
- Understand your child's moods
- Handle your own emotional reactions
- Plus exercises and strategies to help your child gain control

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